
Lesson Overview

The threat of terrorism using weapons of mass destruction presents all first-response personnel with a new dimension in planning.

Key Points:

CERTs can prepare for and respond to a possible terrorist attack by:

- Keeping informed.
 - Developing a terrorism response plan.
 - Assembling a disaster supply kit.
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Terrorism Preparedness

Terrorism is violence against civilians to further political or social objectives. Terrorism preparedness is similar to planning for natural hazards.

Family and workplace preparedness can be broken into three main areas:

- Keeping informed about the terrorist threat and what you should do to protect yourself.
 - Making a plan, including how you will communicate with family members.
 - Assembling a disaster supply kit.
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Be Informed

Your welfare and that of your family may depend on:

- Knowing the risks posed by the weapons that terrorists are most likely to use.
 - Knowing what to do for each type of risk.
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Types of Terrorist Threats

- Biological
 - Chemical
 - Radiation
 - Nuclear Blast
 - Explosions
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Biological Threat

- A biological threat is the deliberate release of germs or other biological substances that can make you sick.
 - You will probably learn of the danger through an emergency radio or TV broadcast, or other community signal.
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Biological Threat Response

- **Find Out**
 - Are you in a group or area that authorities consider to be in danger?
 - What are the signs and symptoms of the disease?
 - Are medications or vaccines being distributed? Where? Who should get them?
 - Where should you seek emergency medical care if you become sick?
 - **Protect yourself**
 - Quickly get away.
 - Cover your mouth and nose with filtering material.
 - Wash with soap and water.
 - Contact authorities.
 - **Symptoms and Hygiene**
 - Symptoms of many common illnesses may overlap.
 - Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.
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Chemical Threat

- A chemical attack is the deliberate release of a toxic gas, liquid, or solid that can poison people and the environment.
 - **Possible Signs**
 - Many people suffering from watery eyes, twitching, choking, having trouble breathing, or losing coordination.
 - Many sick or dead birds, fish, or small animals.
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Chemical Threat Response

- **If You See Signs of Chemical Attack**
 - **Define** the impacted area.
 - **Get away.**
 - Avoid the contaminated area.
 - Move as far away as possible and “shelter-in-place.”
 - Determine the **fastest escape**.
 - **If You Think You Have Been Exposed to a Chemical**
 - Symptoms are watering eyes, stinging or burning skin, and difficulty breathing.
 - Strip immediately, and wash.
 - Wash carefully with water and soap if possible.
 - Seek emergency medical attention.
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Radiation Threat

- A radiation threat (“dirty bomb” or “radiological dispersal device [RDD]”) is the use of conventional explosives to spread radioactive materials over a targeted area.
 - Not a nuclear blast.
 - Localized explosion and radioactive contamination.
 - Radiation may not be clearly identified at first.

Radiation Threat Response

- Limit exposure using:
 - **Shielding:** If you have a thick shield between yourself and the radioactive materials you will be less exposed.
 - **Distance:** Your exposure will be less the farther away you are from the blast and fallout.
 - **Time:** Minimizing the time exposed will reduce your risk.
- Watch TV, listen to the radio, or check the Internet often for official news and information.

Nuclear Blast

A nuclear blast is an explosion with intense light and heat, a damaging pressure wave, and widespread radioactive material that can contaminate the air, water, and ground surfaces for miles around.

Nuclear Blast Response

- Take cover immediately, below ground if possible.
- Quickly assess the situation.
- Determine if you can get out of the area or to “shelter-in-place.”
- Limit radiation exposure using shielding, distance, and time.
 - **Shielding:** If you have a thick shield between yourself and the radioactive materials you will be less exposed.
 - **Distance:** Your exposure will be less the farther away you are from the blast and fallout.
 - **Time:** Minimizing the time exposed will reduce your risk.
- If health care authorities advise it, take potassium iodide to protect your thyroid gland. Consider keeping potassium iodide in your emergency kit.

Explosion Responses

- **If There Is an Explosion**
 - Take shelter against a desk or sturdy table.
 - Exit the building.
 - Do not use elevators
 - Check for fire and other hazards
 - Take your emergency supply kit if time allows.

- **If There Is a Fire**
 - Exit the building as soon as possible.
 - Crawl low if there is smoke.
 - Cover your nose and mouth with a wet cloth if possible.
 - Use the back of your hand to feel the upper, lower, and middle parts of closed doors.
 - If **not hot**, brace yourself against it and open slowly.
 - If **hot**, do not open it. Look for another way out.
 - Stop-drop-and-roll if you catch fire.
 - Go to a previously designated meeting place.
 - Account for family members and supervise small children.
 - Never go back into a burning building.
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- **If You Are Trapped in Debris**
 - Use a flashlight to signal your location to rescuers.
 - Avoid unnecessary movement.
 - Cover your nose and mouth.
 - Tap on a pipe or wall.
 - To avoid breathing dust, shout only as a last resort.
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Make a plan

You should plan for the possibility of a terrorist incident at home, work, or on the road, and familiarize yourself with children's school emergency procedures.

Creating a Family Plan

- Plan how to contact family members in different situations.
 - Long-distance calls may be easier than local calls, so an **out-of-State contact** may be a better intermediary between family members.
 - Be sure every family member **knows the phone number** of the intermediary and has coins or a prepaid phone card.
 - Be patient if you have trouble getting through or the telephone system is down.
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Emergency Information

- Find out what kinds of disasters are likely to occur in your area and how information about them will be spread (for example, emergency radio and TV broadcasts).
 - Call the local chapter of the American Red Cross for local emergency information.
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Emergency Plans

- Ask about emergency plans at work, daycare, and school.
 - If no plan exists, consider volunteering to help create one.
 - Include your neighbors in your planning.
 - You will be better prepared if you think ahead and communicate with others in advance.
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Evacuate or Shelter in Place

- You will not know in advance, so plan for both.
 - Monitor EAS broadcasts on local television, radio, or NOAA Weather Radio.
 - **Do exactly as directed.**
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Deciding to Stay or Go

- Depending on your circumstances and the nature of the attack, the first important decision is whether to stay put or get away.
 - Use common sense and available information.
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Staying Put (“Sheltering-in-Place”)

- There may be situations when it’s simply best to stay where you are and avoid uncertainty outside.
 - Take this action if you see large amounts of debris in the air, or if local authorities say the air is badly contaminated.
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To “shelter in place”:

- Bring family and pets **inside**.
 - **Lock** doors, and **close** windows, air vents, and fireplace dampers.
 - **Turn off** fans, air conditioning, and forced air heating systems.
 - **Take your emergency supply kit** unless you have reason to believe it has been contaminated.
 - **Go into an interior room** with few windows, if possible.
 - **Seal** windows, doors, and air vents using plastic sheeting and duct tape.
 - **Seal gaps** to create a barrier between yourself and any contamination.
 - **Watch TV, listen to the radio, or check the Internet** often for official news and instructions.
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Getting Away

- **Create an evacuation plan:**
 - **Plan places** where your family will meet, both within and outside of your immediate neighborhood.
 - Keep a **half tank of gas** in your car.
 - Become familiar with **alternate evacuation routes** and methods.
 - **Take your emergency supply kit** unless you believe it is contaminated.
 - **Lock** the door behind you.
 - Plan how you will care for your **pets** in an emergency. Store extra food, water, and supplies for your pet.
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- **If time allows:**
 - Call or email your out-of-State contact and tell them where you are going.
 - If there is damage to your home and if you are instructed to do so, shut off water, gas, and electricity.
 - Leave a note telling others when you left and where you are going.
 - Check with neighbors who may need a ride.

- **Learn how and when to turn off utilities:**
 - Locate the shutoff valves.
 - Keep necessary tools near gas and water shutoff valves.
 - Teach family members to shut off the utilities.
 - **Do not attempt to turn the gas back on. A professional must do it.**

Make a Kit

Your disaster supply kit may need some additional supplies to help you through a terrorist incident, for example:

- Plastic sheeting and duct tape.
- Dust masks rated “N95” to protect from very small airborne hazards.

Water and Food: Keep at least a three-day supply.

Water

- One gallon per person per day, for drinking and sanitation.
- More is needed for nursing mothers, sick people, and in warm weather.
- Store water tightly in clean plastic containers.

Food

- Select nonperishable foods that need no preparation or cooking and little or no water.
- Pack a manual can opener and eating utensils.
- Choose foods your family will eat.

Basic Supplies:

- **Flashlight** and extra **batteries**.
- Battery-powered **radio** and extra **batteries**.
- Plastic **garbage bags**, ties, and toilet paper for personal sanitation.
- **First aid kit**.
- **Map** of the area for evacuation or for locating shelters.
- A **whistle** to signal for help.
- **Moist towelettes**.

Clothing and Bedding

- At least **one complete change of warm clothing** and shoes per person, including:
 - A jacket or coat
 - Long pants
 - A long sleeve shirt
 - Sturdy shoes
 - A hat and gloves
 - A **sleeping bag** or warm blanket for each person
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Tools

- Emergency reference manual
- Mess kits, or paper cups, plates, and plastic utensils
- Cash or traveler's checks and change
- A nonelectric can opener, utility knife
- Paper towels
- Fire extinguisher: small canister, ABC type
- Tube tent
- Pliers
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Medicine dropper
- Shutoff wrench, to turn off household gas and water

Sanitation

- Toilet paper, towelettes
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach (Do not use scented or color-safe bleaches, or those with added cleaners).
 - Disinfectant – 9 parts water to 1 part bleach
 - Purify water – 16 drops per gallon of water

Important Family Documents

- Records such as insurance policies, identification, and bank account records.
- Keep copies in a waterproof, portable container.

CERTs and Terrorist Incidents

- Possibility is very low.
 - Your safety is the number one priority.
 - You should always do a thorough sizeup before taking any action.
 - If WMD is used, CERTs will be **very limited** in what they can do at the incident.
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CERT Protocols for Terrorist Incidents

- Two key protocols:
 - Terrorist incidents are a "stop sign" for CERT members.
 - If you see any indicators of WMD, leave the area and notify authorities immediately.
- **Remember!** Do not use a cellular phone or two-way radio if you suspect an explosive device.

Self-Care During Terrorist Incidents

- Leave the area immediately.
- Follow basic decontamination procedures:
 - **Remove everything**, including jewelry. **Cut off clothing** normally removed over the head.
 - **Wash your hands** before using them to shower.
 - **Flush your entire body** with **cool** water.
 - **Blot dry** with an absorbent cloth.
 - Put on clean clothes.
 - **Report to responders for decontamination.**

Treating Others

- Do **not** attempt to treat victims in the contaminated area.
- Tell people who are leaving the area to:
 - Use the basic decontamination procedures.
 - Wait for responders who will perform complete decontamination.

Resources

- **What to Do at Work and at School** [http://www.ready.gov/text/work_school.html]
- **What To Do if You Are in a High-Rise Building** [<http://www.ready.gov/text/highrise.html>]
- **What To Do if You Are in a Vehicle** [<http://www.ready.gov/text/vehicle.html>]
- **Special Items You May Need** [http://www.ready.gov/text/special_needs_items.html]
- **The American Red Cross** [<http://www.redcross.org>]

Lesson Summary

Many of the preparedness steps for terrorist incidents are the same as those for natural disasters or other "human-caused" threats.
